



Unplug: How to Survive and Thrive in a Wi-Fi World Gone Wild

Sam Wieder

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Is today's high-tech world wearing you down? Your computer, cell phone, and other electronic devices certainly make your life easier in so many ways. But how might your intimate, ongoing relationship with all of this technology be affecting your overall health and vitality? Author Sam Wieder shares the personal journey that led him to recognize how the electromagnetic radiation in his everyday life was steadily draining his energy and assaulting his health. Discover the steps he finally took to reclaim his health and live in harmony with today's technology. There's no need to abandon your electronic devices and retreat to a remote technology-free island. To safeguard your health, however, you need to know how to minimize your exposure to the ever-increasing amount of man-made radiation all around you. This concise book will both awaken you to the dangers of modern technology and offer you simple, specific action steps you can take to survive and thrive in our high-tech world.

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